



Quick Reference Guide

for
Fall Prevention at Home



At a Glance

Most falls can be prevented with better lighting, support where it is needed and clutter-free paths. Start with the bathroom and stairs.

Daily Priorities

- Keep floors and walkways clear
- Use night lights from bed to bathroom
- Wear closed-heel, non-slip shoes
- Use grab bars, handrails and mobility aids
- Keep everyday items between shoulder and knee height

Watch For

- Holding furniture or walls for balance
- Dizziness after standing
- New unsteadiness or shuffling
- Fear of falling or avoiding activity

Avoid

- Loose rugs and floor cords
- Suction-cup grab bars
- Step stools and ladders
- Walking in socks or loose slippers

Call the Doctor If

- A fall happens, even without injury
- Dizziness or drowsiness increases
- Balance or walking changes suddenly
- Call 911 for head injury or severe pain



Note** The information contained in this document is intended to support, and not replace, the advice given to you or your caregiver by your healthcare providers.